



WALK AND STAY FIT ADULT WALKING INCENTIVE PROGRAM

Sign up to walk and stay fit, a great way to meet friends, share conversations, improve fitness –at your own pace. Participants will receive a Walk and Stay Fit card for recording mileage and an honor system will be in place. Small incentive prizes will be awarded for completing distances walked over time. Walkers may participate as individuals or as 4-6 member teams. In the spirit of camaraderie we recommend morning walking between 8 and 11 at the track but walks can be done at your convenience and at your own pace.

Who: Geared to active older adults.

Where/When: Meet at the Moultonborough Academy Track on Wednesday May 18th at 9:00 AM for a kick-off walk for the new Walk and Stay Fit program.

Cost: FREE